

Customized Exercise Programs: Exercises to be performed in small groups based on initial assessment

Red Group

Stretches

30 second hold
on each leg

Inner Hip Stretch



Hip Flexor Stretch



Strengthening Exercises

Single Leg Squat with Toe Touch
5 on each leg (use opposite hand)



Side Plank- 10 on each side



OR



Band Walks- 5 each way



Side Lunge- 5 each way



Blue Group

Stretches

30 second hold
on each leg

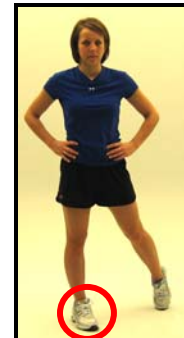


Strengthening Exercises

Double Legged
Squats- 10 times



Heel Raise with Toes Rotated
Inward-10 on each leg



Single Leg Balance with Reach- 5 each way



Good technique and form is most important

White Group

Quad Stretch



Stretches

30 second hold
on each leg

Hamstring Stretch



**Strengthening
Exercises**

Single Leg Deadlift
5 on each side



Forward and Back Lunges
10 each way



Bridge- hold 5 seconds,
repeat 5 times

Team Exercise Program: Exercises to be performed by entire team together

Forward Single
Leg Bounding



Progressive Line Jumps-
Front/Back & Side/Side



Progressive Multiplaner Hops



Squat Jumps



Always use good technique



Always emphasize soft landings, knee over foot, & toes ahead